

# Breakfast Pumpkin Cookies

**Makes:** 48 servings

Bake these cookies the night before and enjoy a delicious treat on busy m

## Ingredients

**1 3/4 cups** pumpkin (pureed, cooked)

**1 1/2 cups** brown sugar

**2** egg

**1/2 cup** vegetable oil

**1 1/2 cups** flour

**1 1/4 cups** whole wheat flour

**1 tablespoon** baking powder

**2 teaspoons** cinnamon

**1 teaspoon** nutmeg

**1/2 teaspoon** salt

**1/4 teaspoon** ground ginger

**1 cup** raisins

**1 cup** walnuts (chopped)

## Directions


1. Preheat oven to 400 degrees.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>103</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g
Cholesterol	8 mg
<b>Sodium</b>	<b>74 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	1 g
Total Sugars	9 g
Added Sugars included	6 g
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 IU
Calcium	33 mg
Iron	1 mg
Potassium	81 mg

N/A - data is not available

### MyPlate Food Groups

 Grains 1/2 ounce

2. Mix pumpkin, brown sugar, eggs, and oil thoroughly.
3. Blend dry ingredients and add to pumpkin mixture.
4. Add raisins and nuts.
5. Drop by teaspoonfuls on greased cookie sheet.
6. Bake 10-12 minutes until golden brown.

## Notes

Learn more about [pumpkin](#).

**Source:** Oregon State University Cooperative Extension Service, Healthy Recipes